



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



AMERICA'S
PrepareAthon!



National Preparedness Month (NPM) serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit (www.ready.gov).

Build a Basic Disaster Supply Kit

Your disaster supplies kit should contain **essential food, water and supplies for at least three days**. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

- Water: One gallon of water per person per day for at least three days, for drinking and sanitation
- Food: Non-perishable and a manual can opener
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers, inverter or solar charger

Plan to Protect Yourself & Your Family

Prepare yourself and your family for a disaster by making an emergency plan:
<http://www.ready.gov/make-a-plan>

Download the "Family Communication Plan for Parents and Kids", print the pages and fill them in offline:
<http://www.fema.gov/media-library/assets/documents/34330>

Your emergency planning should also address:

- the care of pets
<http://www.ready.gov/caring-animals>
- aiding family members with access and functional needs (who may need extra assistance)
<http://www.ready.gov/individuals-access-functional-needs>
- safely shutting off utilities
<http://www.ready.gov/utility-shut-safety>

You may also want to inquire about emergency plans at work, daycare and school. If no plans exist, consider volunteering to help create one.

Once you've collected this important information, gather your family members and discuss the information to put in the plan. Practice your plan at least twice a year and update it according to any issues that arise.

Wednesday, September 7th, 2016 at 7:00PM

Preparedness Specialist Blythe Patenaude will be on hand to teach no cost!

Join the Town of Berwyn Heights Community Emergency Response Team (CERT) at the Senior Center in the Love room for the monthly meeting. Learn about preparedness necessities, and how to easily prepare your home, office, and car with emergency essentials for the first 24 hours of sheltering-in-place or after a disaster.

Call Mike Attick (301) 335-1633 for more information and reservations.